



### **Multi-Grain Bread (gluten free)**

Lovely flavour and texture, with a little sweetness

- 7g instant yeast
- a pinch of raw sugar
- 125ml milk (dairy, rice or soy)
- 185ml water
- 115g brown rice flour
- 60g cornmeal (fine polenta)
- 60g millet flour
- 85g potato starch
- 60g ground almonds (almond meal)
- 2 teaspoons guar gum
- 1 teaspoon fine sea salt
- 2 eggs, beaten lightly
- 4 tablespoons extra virgin olive oil
- 2 tablespoons honey
- ½ teaspoon rice vinegar or lemon juice
- sesame seeds or other seeds to sprinkle on top

1. In a small bowl combine yeast and sugar. Pour milk and water into a small saucepan and heat to blood temperature (35-46°C). If you accidentally heat the milk too much, rather than using it hot and killing the yeast, simply set aside to cool to desired temperature.
2. Once you have the milky water at the right temperature, pour over the yeast/sugar and mix to combine. Set aside covered with a clean tea towel for 5 minutes to ferment.
3. Place all the dry ingredients into a large bowl and whisk to fully combine.
4. Once the yeast mix becomes creamy and bubbly, add it to the dry ingredients. Add the remaining ingredients and whisk to form a smooth batter. It won't look like regular wheat bread dough, more like a cake batter. Continue whisking for 2-3 minutes until the mixture thickens ever so slightly. Pour into a greased loaf tin, scatter the top with sesame seeds and set aside to prove.
5. Once the dough has nearly risen to the top of the pan (around an hour) turn your oven to 220°C. When the oven is hot place the bread onto the middle shelf and cook for 10-15 minutes until golden brown, turn the oven down to 180°C and cook for a further 20-25 minutes or until cooked. To test, you can turn the bread out of the pan and tap the bottom of it. It should sound hollow. If it doesn't, pop it back in the oven, without the tin, and bake for a few more minutes.
6. Remove the bread from the oven if cooked and cool on a wire rack. Leave to cool completely before slicing. Can be stored in the fridge for 4-5 days.

*Adapted from an Emma Galloway (My Darling Lemon Thyme) recipe*